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Tanita body composition analyzer tbf-310 manual

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Body composition assessment at the molecular level is relevant for the athletic population and its association with high performance is well recognized. The four-compartment molecular model (4C) is the reference method for fat mass (FM) and fat-free mass (FFM) estimation. However, its implementation in a real context is not feasible.



Coaches and athletes need practical body composition methods for body composition assessment, and the bioelectrical impedance analysis method (BIA) is usually seen as a useful alternative. The aim of this study was to test the validity of BIA (Tanita, TBF-310) to determine the FM and FFM of elite judo athletes. A total of 29 males were evaluated in a period of weight stability using the reference method (4C) and the alternative method (Tanita, TBF-310). Regarding the 4C method, total-body water was assessed by deuterium dilution, bone mineral by DXA, and body volume by air displacement plethysmography.



The slopes and intercepts differed from 1 (0.39 and 1.11) and 0 (4.24 and -6.41) for FM and FFM, respectively. FM from Tanita TBF-310 overestimated the 4C method by 0.2 kg although no differences were found for FFM. Tanita TBF-310 explained 21% and 72% respectively in the estimation of absolute values of FM and FFM from the 4C method. Limits of agreement were significant, varying from -6.7 kg to 7.0 kg for FM and from -8.9 kg to 7.5 kg for FFM. In conclusion, TBF-310 Tanita is not a valid alternative method for estimating body composition in highly trained judo athletes. ▼ Scroll to page 2 of 100 advertisement Thank you for your participation! \* Your assessment is very important for improving the workof artificial intelligence, which forms the content of this project Select the product type: If your model number is not listed, please contact Tanita's customer service department to provide you with the appropriate manual: Tanita Corporation of America, Inc. Customer Service / Service Center 2625 South Clearbrook Drive Arlington Heights, Illinois 60005, USA Phone: (847) 640-9241 Fax: (847) 640-7978 eMail: 4health@tanita.com ConsumerMini Scales/\*\*/ ▼ Scroll to page 2 of 40 advertisement Thank you for your participation! \* Your assessment is very important for improving the workof artificial intelligence, which forms the content of this project